



Healthy Dinner Recipes from Lively Table

Greek Power Bowls

Pecan Crusted Goat Cheese Citrus Salad

French Onion Soup

Healthy Kale Caesar Salad

Blackberry Chicken Flatbread

Produce

- garlic clove (1) (3) (2)
- onion (1/4 C) (4 large)
- red bell pepper (1)
- red onion (1) (1/4) (1/4)(1/4)
- cucumber (1)
- baby spinach (2 C)
- grape tomatoes (1 C)
- blood orange (2)
- cara cara orange (1)
- navel orange (1)
- medium grapefruit (1)
- spring lettuce mix (5 oz)
- kale (1/2 bunch)
- lemon (1-2 for juice)
- fennel (1/4 C)
- blackberries (1/2 C)

Herbs

- bay leaf (1)
- thyme sprigs (4)

Spices

- oregano (1/2 t)
- garlic powder (1/8 t)

Dairy

- goat cheese (4 oz)
- gruyere cheese (topping)
- parmesan cheese (1/4 C 2 T)
- nonfat Greek yogurt (3 T)
- egg (1)
- burrata or fresh mozzarella (4 oz)

Pasta & Grains

- quinoa (1 C)

Meat

- chicken breast (4 oz for grilling)

Bread & Tortillas

- sourdough baguette (1)
- sourdough bread, whole grain (2 slices or croutons)
- whole grain flatbread crust or pizza dough (1)

Pantry Items

- vegetable stock (2 C)
- olive oil (1 T) (2 t) (1 T) (4 T) (2 t)
- chickpeas (1 can)
- black or kalamata olives (1/4 C)
- tzatziki sauce or hummus (1/2 C)
- red wine vinegar (2 t)
- honey (1 t)
- whole wheat flour (1 T)
- red wine (1/2 C)
- beef broth (6 C)
- worcestershire sauce (1 T) (1 t)
- balsamic vinegar (1)
- dijon (1 T)
- balsamic reduction (2 T)